



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Schaaf, Paul**

Club: Sparda-Team Rechberghausen  
Number: 359

Course: 11.70 km  
Deutsche Berglaufmeisterschaft

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:15

Speed: 9.81 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 118 (of 346)

Rank in course/Men: 109 (of 239)

Best time in course: 51:11

Rank in category: 14(of 23)

Best time in the category: 55:00

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	13:26	4:28	13	2:31	124	3:00	3.00	13:26	4:28	13	2:31	124	3:00
Lap 2	1.00	5:09	5:09	14	0:42	109	1:08	4.00	18:35	4:38	13	3:13	123	4:08
Lap 3	1.00	5:24	5:24	14	0:51	113	1:18	5.00	23:59	4:47	14	4:04	122	5:26
Lap 4	1.00	6:14	6:14	14	1:06	115	1:35	6.00	30:13	5:02	14	5:10	119	7:01
Last lap Hermann	2.60	15:18	5:53	14	2:57	111	3:49	8.60	45:31	5:17	14	8:07	117	10:50
vor der Schiene	2.63	18:51	7:10	14	3:41	100	5:09	11.23	1:04:22	5:43	14	11:48	109	15:23
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:53	6:24	13	0:28	113	0:45	11.70	1:07:15	5:44	14	12:15	110	1:07:15